

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Grape Tomatoes

Grape Tomatoes are good for you because: it has a lot of Vitamin C and A. Vitamin C is helpful in making you have good skin and blood vessels.

Farm to School ~

Grape tomatoes are available all year long, with peak season in the summer months.

Grape tomatoes have a type of growth called "indeterminate growth". Which means that the plant produces tomatoes all season long, so there can be ripe tomatoes growing the same time unripe tomatoes are growing.

Selection and Storage ~

Choose grape tomatoes that are bright, shiny, firm and slightly squeezable if a little pressure is applied.

Store tomatoes at room temperature for up to a week, if you don't think you will eat them in a week, put them in the fridge for up to two

Origin ~ Where did it come from?

Grape tomatoes were actually created by growers in Southeast Asia. The growers were able to make a hybrid between beefsteak and Roma tomatoes. Grape tomatoes have only been around since the 1990s!

Fun Facts



Tomatoes contain a nutrient called Lycopene which has been shown to decrease the risk of cancers and heart disease.

Grape tomatoes have a sweet and lower water content than cherry tomatoes, so they don't squirt in your mouth.

Tomatoes are classified as a fruit by growers, but as a vegetable by chefs and nutritionists!

Word Search

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ASIA
LYCOPENE
TOMATOES

BEEFSTEAK
ROMA
VEGETABLE

GRAPE
SOUTHEAST
VITAMIN



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GRAPE TOMATO COLORING



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